

# MENU PLANNER

June 2010

## Menu - Week 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**\*NOTE**  
\* Salad Dressing  
\*\* Tartar Sauce

	6/1	6/2	6/3	6/4
	Carne Guisada (3oz) Cactus Tortilla (1) *Tossed Salad w/Tomato w/LF Dressing (4oz) Mexican Corn (4oz) Fresh Fruit (1)	**Herb Baked Fish (1) w/Tarter Sauce Macaroni & Cheese (4oz) Broccoli (4oz) Wheat roll (1) Fresh Fruit (1)	Picadillo (4oz) Tortilla (1) Borracho Beans (4oz) Green Beans w Pimento ½ c Fresh Fruit (1)	Chicken Salad (4 oz) Wheat Bread (2) 3 Bean Salad (4oz) 1 Bag Potato Chips Baked Fresh Fruit (1)

## Menu - Week 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**\*NOTE**  
Mustard/ Ketchup

6/7	6/8	6/9	6/10	6/11
Creole Meatloaf (4 oz) Rice Pilaf (4oz) Garden Salad w/LF Dressing (4oz) Wheat Roll (1) Fresh Fruit (1)	Chicken Fajitas Pinto Beans ½ c Green Beans w Onions & Tomato Sauce ½ c Banana (1) Flour Tortilla (1)	* Corn Dog (1) Diced Carrots ½ c Tater Tots (1) Coleslaw w Pineapples 4 Oz	Beef Taco Lettuce/ Tomato Zucchini ½ c Spanish Rice (1/2 c) Corn Tortilla (1) Jell-O Cup (sugar free)(1)	Tuna Salad on Lettuce Bed Crackers (4) Pickled Beets Baby Carrots (4oz) (4oz) Fresh Fruit (4 oz)

## Menu - Week 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

\* Salad Dressing



Project Council Meeting

Juneteenth Celebration Meal

6/14	6/15	6/16	6/17	6/18
Rueben Sandwich Corn Beef & Saukraut / cheese) Green Beans ½ c Spiced Peaches 2 Rye bread slices	Swedish Meatballs (6) Parsley Noodle (4 oz) California Blend 4 oz Broccoli (4 oz) Fresh Fruit (1)	Scrambled Eggs Diced Hash Brown Sausage Pattie Tortilla Picante Sauce Orange	Stuffed Manicotti w Meat Sauce 3 oz Seasoned Italian Veggies (4oz) * Tossed Salad Tapioca Pudding ( Sugar Free)	Baked Ham Baked Sweet Potatoes (4 oz) Steamed Cabbage (4oz) Corn Muffin 1 Oat Meal Cookie (2 Small)

Approved by: Selrico  
Services:

Approved Tex Diabetes  
Institute of San Antonio, TX

*Eda Balle, RD, CDE*

Signature

\*All meals will include 8oz Milk or Calcium Fortified Juice.

All meals range between 550 – 700 Calories to meet Senior's 1/3 RDA.

## MENU PLANNER

June 2010

Menu - Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>*NOTE</b> <b>*Salad Dressing</b> <b>**Mustard/Mayo/ Ketchup</b>	6/21	6/22	6/23	6/24	6/25
	Chicken w Enchilada Sauce Corn Tortilla (1) Pinto Beans (4 oz) *Garden Salad w/Tomatoes Fresh Fruit (1)	Ham Steak (1) w/Pineapple Glaze Mashed Potatoes (4oz) (4oz) Mixed Greens ½ c Wheat Roll (1) Fresh Fruit (1)	Open Face Meatloaf Sandwich w Gravy 1 Wheat Slices Spinach ½ c Yellow Squash ½ c Carrot Raisin Salad Cups	Polish Sausage (1) Bun (1) Mustard/Ketchup Hot German Potato Salad (4oz) Cole Slaw (4 oz) Hot Spiced Peaches (4oz)	Cheeseburger w onions Mushrooms (1) Wheat Bun (1) *Tossed Green Salad * * Diced Hash Brown (1) Spiced Peaches (4oz)
Menu - Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>*Salad Dressing</b>	6/28	6/29	6/30		
	Chicken Parmesan w Tomato Sauce Herb Flavored Spaghetti Noodle ½ c Green Beans w Almonds Roll (1) Fresh Fruit (1)*	Egg Salad Lettuce /Tomato slice (4oz ) Wheat Bread (2) Pickled Beets (4oz) Cold Pasta Salad ½ c Fresh Fruit (1)	Sliced London Broil w Brown Onion Gravy Whipped Potatoes s 1/ 2 c Spinach ½ c 1 wheat roll Banana Pudding w 2 Vanilla Wafers		
Menu - Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">           Approved By Selrico Services, Inc. _____         </div> <div style="width: 45%; text-align: right;">           Approved By Texas Diabetes Institute of San Antonio ____  <i>Elza Balle. RD,</i>  <i>CDG</i> </div> </div> <div style="text-align: right; margin-top: 20px;">           _____  <b>Signature</b> </div>					

\*All meals will include 8oz Milk or Calcium Fortified Juice.

All meals met 1/3 RDA w calorie levels of 550- 700